

**South Shields 10 Mile 2022 - Run Eat Sleep South Shields**

<b>Position</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Gender</b>
1	64	Simon Fraser	Fairlands Valley Spartans	60.15	MV35
2	92	Ross Jarman	South Shields Harriers & AC	61.03	MV45
3	102	Dan Lanes	Unattached	64.31	MV35
4	118	Simon May	South Shields Harriers & AC	66.57	MV45
5	22	Jay Bowley	Jarrow & Hebburn AC	67.58	MV45
6	66	Philip Freestone	RES Run Club	70.19	MV35
7	133	Jackie Murdy	South Shields Harriers & AC	70.59	FV55
8	131	James Moss	Unattached	71.26	MV35
9	71	Vaughan Godber	Hartlepool Burn Road Harriers	72.19	MV50
10	113	Karl Maguire	RES Run Club	72.38	M
11	65	Lewis Fraser	Washington Running Club	73.03	M
12	151	Scott Reay	Unattached	73.11	MV35
13	125	Jon Melvin	Unattached	73.50	MV40
14	217	Joe Haustead	Run Peterlee	74.32	MV45
15	58	Paul Emmerson	Jarrow & Hebburn AC	74.36	MV45
16	80	Rachel Hawdon	South Shields Harriers & AC	75.07	FV35
17	32	Alex Charlton	Washington Running Club	76.29	FV35
18	69	Eddie Gibson	Hunwick Harriers	76.39	MV45
19	145	James Pitchford	Unattached	76.40	MV40
20	10	Michelle Avery	Unattached	76.43	FV35
21	110	Steven Mackie	RES Run Club	76.51	M
22	197	Marc Waters	Unattached	76.53	MV45
23	226	Rob Leslie	Ponteland Runners	77.05	MV40
24	143	Mark Perry	Washington Running Club	77.13	MV40
25	224	Paul Andrews	Gateshead Harriers & AC	77.42	MV45
26	225	Tony Daghish	Redway Runners	78.38	MV55
27	202	Michael Whieldon	Unattached	78.45	M
28	42	Neil Cummings	Washington Running Club	78.46	MV50
29	41	Michael Cullinan	Washington Running Club	79.25	M
30	221	Simon Brown	Unattached	79.25	M
31	33	Peter Clarke	Washington Running Club	79.40	MV35
32	45	John Dobbs	Unattached	79.56	MV55
33	148	Jo Powell	Alnwick Harriers	80.12	FV45
34	188	Chris Sumsion	Tyne Bridge Harriers	80.18	MV55
35	117	Scott Matthews	Unattached	80.32	MV45
36	72	Thomas Gray	Tyne Bridge Harriers	80.54	MV35
37	203	Stephen White	Jarrow & Hebburn AC	81.03	MV35
38	49	Michelle Douglas	South Shields Harriers & AC	81.06	FV35
39	179	Simon Stafford	Unattached	81.07	M
40	216	Andrew Wilson	North Shields Polytechnic Club	81.14	M
41	160	Michael Robson	Washington Running Club	81.40	MV40
42	91	Susan Jarman	Unattached	81.50	FV45
43	170	Michael Skoyles	Unattached	82.25	M
44	159	Jamie Robinson	Unattached	82.26	MV40
45	43	Iain Dalby	South Shields Harriers & AC	82.27	MV35
46	186	Gary Stobbs	Jarrow & Hebburn AC	82.39	M
47	112	Raymond Maddison	RES Run Club	83.08	MV55
48	195	Paul Townsley	Unattached	83.27	MV40
49	18	Robert Bianchi	Unattached	83.30	MV50
50	128	Wayse Molavian	Gateshead Harriers & AC	83.44	MV45
51	206	Katy Wilkes	Unattached	83.50	F
52	134	Frankie Naughton	Washington Running Club	84.13	MV40

53	163	Glen Rutherford	Wearside Triathlon	84.19	MV50
54	89	Michael Ingoe	Unattached	84.20	MV35
55	193	Andrew Thornton	Jarrow & Hebburn AC	84.28	M
56	123	Suzanne McStea	South Shields Harriers & AC	84.32	FV45
57	183	Robert Stewart	RES Run Club	84.41	MV35
58	138	Sarah O'Mahoney	Unattached	84.55	FV35
59	154	Melanie Riley	Crook & District AC	85.25	F
60	127	Deborah Morrison	Tyne Bridge Harriers	85.47	FV35
61	147	Barry Potts	Unattached	85.47	MV45
62	108	Kris Lockney	RES Run Club	86.08	MV35
63	34	Kate Collingwood	Unattached	86.14	FV35
64	74	Max Hacon	North Shields Polytechnic Club	86.16	MV40
65	90	Tony Jackson	Alnwick Harriers	86.24	MV50
66	185	Mary Stobbs	Jarrow & Hebburn AC	86.33	F
67	55	Tara Edwards	Unattached	86.46	FV35
68	31	Angela Charlton	South Shields Harriers & AC	87.09	FV40
69	181	David Stephenson	South Shields Harriers & AC	87.24	MV35
70	57	Michelle Embleton	Ashington Hirst Running Club	87.38	FV45
71	169	Iain Singer	Ashington Hirst Running Club	87.40	MV50
72	70	Jonathan Gledhill	Saltwell Harriers	88.06	M
73	38	Lynne Cornell	Run Nation Running Club	88.29	FV55
74	30	Philip Chapman	York Knavesmire Harriers	88.31	MV35
75	215	Anthony Young	Tyne Bridge Harriers	88.32	MV40
76	97	Tom Jones	Washington Running Club	88.36	MV70
77	25	Joelle Bremner	Unattached	89.19	FV40
78	46	John Dobson	North Shields Polytechnic Club	89.24	MV40
79	36	Peter Conwell	Unattached	89.27	MV50
80	189	Rebecca Swindells	Washington Running Club	89.53	FV35
81	111	Theresa Macleod	Unattached	90.02	FV35
82	99	Laura Kerry	Washington Running Club	90.26	FV35
83	107	David Little	Sildon Running & AC	90.42	MV40
84	212	Gordon Wilson	South Shields Harriers & AC	91.36	MV65
85	12	Kathryn Bailey	Itchen Spitfires Running Club	91.59	FV40
86	19	Martin Blakelock	City of Birmingham striders	92.14	MV40
87	13	Stephen Barker	Ashington Hirst Running Club	93.18	MV45
88	86	Jessica Heyworth	Saltwell Harriers	93.20	F
89	17	Louisa Beckwith	South Shields Harriers & AC	93.23	F
90	35	Jake Coltman	Unattached	93.42	F
91	121	Samantha McIlwaine	Ashington Hirst Running Club	94.06	F
92	44	Stephen Day	These Guys Can Run	94.08	MV40
93	200	Daniel Whale	Unattached	94.32	MV40
94	136	Orla O'Connor	Unattached	94.34	F
95	166	Louisa Scola	Alnwick Harriers	94.37	FV60
96	47	Jessica Dodds	Aurora Harrier	94.42	F
97	209	Katharine Willett	Aurora Harrier	94.45	F
98	68	Michelle Gallagher	Unattached	95.00	FV45
99	59	Kathryn Falconer	Unattached	95.00	FV55
100	184	Gordon Stobbart	Ashington Hirst Running Club	95.25	MV45
101	75	Matthew Haggerty	RES Run Club	95.45	MV45
102	76	Peter Harris	RES Run Club	96.00	MV45
103	162	Melanie Rogers	RES Run Club	96.02	FV50
104	164	Samantha Sancaster	Unattached	96.28	F
105	106	Luke Lishman	RES Run Club	97.04	M
106	7	Victoria Atherton	Tyne Bridge Harriers	97.23	F

107	182	Ian Stephenson	Alnwick Harriers	97.24	MV60
108	142	Bridget Peberdy	Alnwick Harriers	97.29	FV60
109	198	Alex Watson	Unattached	97.40	M
110	115	Jennie Martin	Macclesfield Harriers & AC	98.10	FV40
111	2	Jamie Ailano	RES Run Club	98.22	M
112	77	Louise Harrison	Wallsend Harriers & AC	98.28	FV45
113	67	James Galbraith	Unattached	98.42	MV35
114	100	Julie Killick	Tyne Bridge Harriers	98.48	FV45
115	190	Angus Thompson	Run Nation Running Club	99.03	MV55
116	15	Andrew Barron	Unattached	99.22	MV40
117	141	Mick O'Reilly	Unattached	99.51	MV60
118	144	Rachel Phillips	Unattached	99.55	FV50
119	220	Adele Lonsdale	Blyth Running Club	1.40.14	FV55
120	219	Davina Lonsdale	Blyth Running Club	1.40.14	FV55
121	178	Andrew Spoons	Unattached	1.40.27	M
122	196	Heather Wade	RES Run Club	1.40.28	FV35
123	82	Elizabeth Heaton	Unattached	1.40.32	F
124	135	Helena Nettleton	Unattached	1.40.32	FV40
125	171	Antonia Smith	Jarrow & Hebburn AC	1.42.59	F
126	105	Paul Lewins	Low Fell RC	1.43.59	MV50
127	26	Victoria Brown	Unattached	1.44.03	FV40
128	79	Paul Haustead	RES Run Club	1.44.20	MV45
129	8	Ashleigh Atkinson	Washington Running Club	1.44.24	F
130	94	Marsha Jobling	Jarrow & Hebburn AC	1.44.27	FV50
131	218	Emma Scott	RES Run Club	1.44.30	F
132	177	Susan Sparrow	Quakers Running Club	1.44.33	FV50
133	81	Ruth Hawkins	Unattached	1.44.34	FV50
134	60	David Farrell	RES Run Club	1.45.00	MV55
135	24	Elaine Breen	Unattached	1.45.26	FV40
136	9	Ron Avery	Sunderland Strollers	1.45.53	MV70
137	192	Sarah Thorell	RES Run Club	1.46.00	FV40
138	208	Sheena Wilkinson	Washington Running Club	1.46.08	FV45
139	157	Ken Robinson	Unattached	1.46.26	MV55
140	180	Michelle Stephens	RES Run Club	1.46.26	FV50
141	63	Jill Foster	Low Fell RC	1.46.32	FV35
142	114	Rosy Mann	Washington Running Club	1.48.03	FV40
143	29	Claire Carter	RES Run Club	1.48.17	FV35
144	87	Beth Hughes	Unattached	1.49.02	F
145	84	Daniel Henton	Unattached	1.49.02	MV35
146	21	Lucy Bone	Fordy Runs Running Club	1.49.24	FV40
147	122	Paula McIntosh	Sunderland Strollers	1.49.25	FV50
148	116	Debbie Matthews	Unattached	1.49.26	FV45
149	149	Ross Punton	RES Run Club	1.49.36	M
150	124	Stuart Meikle	Unattached	1.50.43	MV55
151	213	Iain Wilson	Washington Running Club	1.51.21	MV45
152	88	Linda Hutcheon	Unattached	1.52.07	FV50
153	204	Rachel Whitley	RES Run Club	1.53.06	FV40
154	109	Michelle Lovatt	RES Run Club	1.53.26	FV55
155	165	Lisa Sanderson	Unattached	1.54.11	FV45
156	175	Brian Smith	Unattached	1.54.17	MV50
157	93	Karen Jeffers	Unattached	1.54.59	FV45
158	153	Helen Riding	Lonely Goat RC	1.56.57	FV45
159	48	Maddie Doran	Unattached	1.57.37	FV50
160	61	Susan Feechan	Unattached	1.57.37	FV50

161	214	Julie Young	Unattached	1.57.39	FV50
162	50	Catherine Dowson	Unattached	1.57.44	FV40
163	146	Emily Porter	Jarrow & Hebburn AC	1.58.26	F
164	119	Alison Maynard	Unattached	2.00.29	FV50
165	104	Danielle Lee	RES Run Club	2.00.53	FV35
166	129	Sidney Molyneux	Northern Masters AC	2.01.05	MV75
167	40	Joe Coyne	Unattached	2.04.44	M
168	5	Kate Askew	Unattached	2.05.56	F
169	78	Naomi Hartley	Unattached	2.08.16	F
170	3	Lynn Ailano	RES Run Club	2.08.52	FV45
171	27	Tracey Bulley	RES Run Club	2.09.46	FV55
172	51	Stephanie Doxford	Unattached	2.09.56	F
173	132	Janine Munroe	Unattached	2.13.40	FV45
174	130	Craig Morley	Unattached	2.15.28	MV35
175	103	Nicola Lawson	Lonely Goat RC	2.17.13	FV50
176	6	Hilary Askew	Crewkerne Running Club	2.19.26	FV60
177	85	Victoria Hewison	Unattached	2.20.35	FV45